



## Thai-Style Coconut Beef with Rice Noodles

ingredients | 2 person (4 person)

*Put away the chopping block. All your freeze dried ingredients are ready for cooking!*

### grab from your box

**Rice Noodles** | 4 oz. (8)

**Garlic** | ½ Tbsp. (1)

**Shredded Beef** | ¾ cup (1 ½)

**Chef's Choice Seasoning** | ¼ tsp. (½)

### Veggie Mix

Carrot Dices | 2 ½ Tbsp. (½ cup)

Mushrooms | ⅓ cup (¾)

Green Bell Peppers | ⅓ cup (¾)

### Onion Mix

Onion Slices | 2 ½ Tbsp. (½ cup)

Green Onions | 2 Tbsp. (¼ cup)

**Coconut Curry Sauce Mix** | ½ cup (1)

### grab from your pantry

**Butter or Oil** | 1 Tbsp. (2)

**20  
minutes**

**gluten free  
allergens:**

Dairy

Pantry items not included

370 CALS / FATS 12G / PROTEIN 14G / SODIUM 820MG

THRIVE  
LIFE

**kitchen gadgets:** *Medium sauce pot, large sauté pan.*



*Cooking for 4:* Measurements for a four (4) person meal are in parentheses.

In a medium sauce pot, bring 6 (8) cups of water to a boil. Add **rice noodles** and boil for 6–8 minutes or until tender. Stir occasionally. Strain, rinse with cool water, and set aside.



Meanwhile, measure out 2 ½ (5) cups of **water**. In a large sauté pan, add 1 (2) Tablespoon of **butter or oil** of your choice and sauté **garlic** on medium heat until aromatic (10–30 seconds).



Add water, **shredded beef**, **Chef's Choice seasoning**, **veggie mix**, and **onion mix** and bring to a simmer. Simmer for 4–5 minutes.



While whisking, add **coconut curry sauce mix** and allow to simmer an additional 6–7 minutes or until thick. Add drained noodles and stir well. Allow to rest 2–3 minutes. **Salt** and **pepper** to taste. Serve!

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**Wasn't that simple?**

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.





## Nutrition Facts

3 servings per container

**Serving size** 1 Cup (82g)

Amount per serving

**Calories** 330

		% Daily Value *
<b>Total Fat</b>	8g	<b>10%</b>
Saturated Fat	4.5g	<b>23%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	40mg	<b>13%</b>
<b>Sodium</b>	820mg	<b>36%</b>
<b>Total Carbohydrate</b>	51g	<b>19%</b>
Dietary Fiber	2g	<b>7%</b>
Total Sugars	7g	
Includes 3g Added Sugars		<b>6%</b>
<b>Protein</b>	14g	
Vitamin D	0mcg	0%
•	Calcium	102mg 8%
Iron	3mg	15%
•	Potassium	537mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** RICE NOODLES (RICE FLOUR, WATER, MODIFIED TAPIOCA STARCH), THRIVE COCONUT CURRY SAUCE POWDER (CREAM POWDER [MILK FAT, WHEY, NONFAT DRY MILK, SALT], FOOD STARCH-MODIFIED, SUGAR, THAI GREEN COCONUT CURRY POWDER [COCONUT MILK POWDER (COCONUT MILK, MALTODEXTRIN, SODIUM CASEINATE), SPICES, SPINACH, SALT, LIME LEAVES, SHALLOTS, SUGAR, GARLIC, ONION, CONTAINS 2% OR LESS OF LEMONGRASS, RICE, TAMARIND, CITRIC ACID], ORGANIC COCONUT, BUTTER POWDER [BUTTER (SWEET CREAM, SALT, ANNATTO COLOR), NONFAT MILK SOLIDS, SODIUM CASEINATE AND DISODIUM PHOSPHATE], SALT, GARLIC, THAI RED CURRY POWDER [SPICES, SALT, GARLIC, LEMONGRASS, ONION, LIME LEAVES, PAPRIKA], CILANTRO, NATURAL LIME FLAVOR, GINGER), FREEZE DRIED SHREDDED BEEF COOKED AND SEASONED\* (BEEF, SALT), DEHYDRATED CARROT, DEHYDRATED GARLIC, GREEN BELL PEPPERS\*, MUSHROOMS\*, ONION\*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), GREEN ONIONS\*

\*FREEZE DRIED

CONTAINS: MILK, COCONUT.



## Nutrition Facts

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